



Injury Prevention  
& Control Program



## Preventing Falls – Tips for Seniors

- Exercise regularly. It increases strength, flexibility, and balance.
- Ask the doctor or pharmacist to review your medicines – both prescription and over-the-counter.
  - Many medicines can cause side effects such as weakness or dizziness.
  - Both can increase the risk of falls.
- Have your eyes checked by an eye doctor at least once a year.
- Wear the right footwear. The safest shoes fit your feet, have low heels, non-slip soles, and lace up or are secured with fabric fasteners.
- Stay out of trees and off the roof.
- Make your home safer by removing fall hazards and improving lighting.
  - Remove clutter like loose papers, boxes, wires, and phone cords from walk paths and stairways.
  - Add lighting or make lights brighter, especially in stairways. Consider a nightlight in the bath, bedroom, and hallways.
  - Install bath grips or grab bars in your tub or shower.
  - Used non-skid liners under rugs...or better – remove all throw rugs.

For more information on Fall Prevention, please go to the National Center for Injury Prevention and Control, CDC at:

<http://www.cdc.gov/ncipc/duip/preventadultfalls.htm>